

# Chicken and Wild Rice

*Rosalee Thomas*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

## **Servings: 4**

*1 package (6 ounce) Uncle  
Ben's Wild Rice*

*1 package dry onion soup*

*1 can celery soup*

*4 to 5 boneless chicken  
breasts*

*1 cup minute rice*

*1 can cream of chicken  
soup*

*1 1/4 cups white table wine*

Preheat the oven to 350 degrees.

In a casserole dish, mix the wild rice, onion soup, celery soup, minute rice, cream of chicken soup and wine. Arrange the chicken breasts on top of the mixture.

Allow the mixture to marinate for several hours before cooking.

Cover the casserole with foil.

Bake for 45 minutes. Remove the foil.

Bake for 30 to 45 minutes longer.

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Per Serving (excluding unknown items): 29 Calories; 2g Fat (56.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 246mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.